

## **HEALTH BENEFITS E-NEWS**

*Department of Human Resource Management  
Office of Health Benefits*

*August 15, 2006*

### **Employee Assistance Program Provides Air Travel Security Resources**

In the wake of the serious terrorist threat last week to international aviation security, employees may have questions about air travel itself or how to cope with a fear of flying. Employee Assistance Program (EAP) resources for COVA Care plan members who may be traveling in the near future are on the front page of the ValueOptions Web site at [www.achievesolutions.net/covacare](http://www.achievesolutions.net/covacare). Included are travel alerts, frequently asked questions on security measures and an article on "Coping with the Fear of Flying." COVA Care plan members may call their EAP at 1-866-725-0602, while COVA HDHP members may find additional information at [www.anthem.com/cova](http://www.anthem.com/cova) under the COVA HDHP or by calling 1-800-346-5484.



### **Walk and Log Steps Using America on the Move™!**

Calling all walkers. *Healthy Virginians* is on the move! Employees can get out those step counters and log their steps on the Web using *America on the Move™* at [www.americaonthemove.org](http://www.americaonthemove.org)! Instructions for Commonwealth of Virginia employees may be found on the CommonHealth Web site at [www.commonhealthva.com](http://www.commonhealthva.com) under the "What's New" tab. Remember, the daily goal is walking 2,000 more steps and eating 100 calories less!

### **Long-Term Care Inflation Offer Letters Mailed Next Week**

We are pleased to share good news about the group Long Term Care Insurance Plan offered through the Department of Human Resource Management and underwritten by Aetna Life Insurance Company. Active members will have an opportunity this fall to increase their coverage through the inflation increase benefit without having to provide evidence of insurability.

The attached letter will be mailed to active members at their home addresses the week of **August 21, 2006**. As the letter indicates, **Aetna must receive** responses by **October 2, 2006**. **This is for your information only - there is no action required on your part.** Coverage is effective **December 1, 2006**.

Stay tuned in the coming weeks for more long-term care information. Members with questions may call Aetna at **1-877-894-2471**.